

KEPERCAYAAN DIRI ANAK USIA DINI DI KOLAM RENANG

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Abstrak

Tolak ukur kepercayaan diri anak usia dini seringkali menjadi pertanyaan yang cukup sulit diketahui. Tujuan penelitian ini ialah upaya untuk mengetahui tingkat kepercayaan diri anak usia dini dan aspek-aspek pendukung di dalamnya. Metode penelitian kuantitatif melalui pendekatan survey. Populasi berjumlah 20 anak di Perkumpulan Renang Indonesia Gemilang Prima, sampel 20 anak melalui teknik total sampling. Hasil penelitian menunjukkan kepercayaan diri anak usia dini cukup tinggi terutama rasa optimis. Hal ini disebabkan dukungan penuh dari orang tua dan pelatih sebagai motivator pada saat di kolam renang. Sehingga harapan besar bagi masyarakat untuk dapat lebih mendalami aspek psikologi khususnya bagi anak usia dini dalam melakukan aktivitas olahraga air.

Kata kunci: kepercayaan diri, anak, usia dini, kolam renang

Abstract

The benchmark for self-confidence in early childhood is often a question that is quite difficult to know. The purpose of this study is an attempt to determine the level of self-confidence of early childhood and the supporting aspects in it. Quantitative research methods through a survey approach. The population is 20 children at the Gemilang Prima Indonesian Swimming Association, a sample of 20 children through a total sampling technique. The results showed that early childhood self-confidence was quite high, especially optimism. This is due to the full support of parents and coaches as motivators at the pool. So that there is great hope for the community to be able to deepen the psychological aspects, especially for early childhood in doing air sports activities.

Keywords: *Self-confidence, early childhood, swimming pool*

PENDAHULUAN

Berolahraga di luar rumah tentu akan menjadi waktu yang sangat baik untuk anak-anak, dan tentunya dapat membangun rasa percaya diri saat bertemu dengan orang lain. Rasa percaya diri pada anak-anak seringkali diremehkan oleh orang-orang sekitarnya. Namun ini menjadi bagian menarik untuk dikaji lebih dalam, karena banyak faktor yang mempengaruhi kepercayaan diri anak-anak sehingga dirinya akan tumbuh menjadi orang yang lebih matang. *The American Academy of Pediatrics prescribes Pediatricians focus on it to advocate for expanded outside free play in preschoolers, as a fundamental piece of solid turn of events* (Sharp et al. 2018).

Berenang adalah permainan yang sering disukai oleh anak-anak dan orang dewasa. Gerakan olahraga renang menawarkan potensi yang luas bagi keluarga untuk

mengambil bagian dalam gaya hidup yang dinamis dan bagi anak-anak untuk belajar cara berenang dan memperoleh kepastian dan kemampuan air yang signifikan. *Swimming is a well known relaxation action, which can give medical advantages to people in general (Evans and Allen-Collinson 2016). Pools have a wide assortment of employments, from relaxation and game in greater pools to more modest spa pools for development of wellbeing and less pressure (Lebedev et al. 2020). Swimming and water heart stimulating exercise are expanding famous sporting indoor exercises with notable medical advantages, like general improvement of mental and actual wellbeing and diminishing danger of ongoing sicknesses and inability (Felgueiras et al. 2020). Actual work brought out through swimming can give a significant commitment, many guardians endow their youngsters to take private illustrations or swimming to mentors nearby. Guardians' anxiety with the advancement of an all-computerized period, frames a dread if their youngsters become ill effectively or have physical and psychological wellness issues. Actual work is acquainted with youngsters as ahead of schedule as conceivable so it turns into a propensity and makes a solid way of life later on. In any case, it isn't not difficult to become accustomed to having the option to move effectively through sports for kids, on the grounds that the youth stage is as yet conceptualized to play both emotionally, intellectually and psychomotorically. Genuine games are generally connected with amusement yet produced for a particular instructive reason (Semeraro et al. 2017). According to a motoric perspective, youngsters will positively like all types of sports developments, however the mentor's precision is to utilize the right preparing technique as per the kid's attributes. Helpless progress encounters might mess up the understudies' scholarly accomplishment and adversely influence their social and passionate wellbeing. Endeavors to smooth the change can forestall such issues and lead to positive progress encounters, which can contribute as an establishment from which understudies can all the more likely advancement scholastically, socially and inwardly (Strand 2020).*

Kejadian yang seringkali dialami, ketika anak-anak belajar cara berenang di kolam, biasanya anak-anak merasa nyaman dan aman. Namun, ada banyak bahaya saat berada di kolam renang, terutama bagi anak kecil. Anak-anak tidak tahu apa-apa dan memahami bahwa kondisi kolam seperti suhu air, kedalaman kolam, lantai kolam yang berbahaya dan lainnya adalah bahaya nyata tetapi sering dianggap remeh oleh kedua anak dan wali. Sejak awal anak-anak perlu menyadari bagaimana melakukan latihan saat berada di kolam renang. Ini adalah upaya untuk menjaga kesehatan anak-anak dan membuatnya lebih mudah bagi anak-anak untuk memahami otoritas gaya renang. Ada

begitu banyak hal yang mempengaruhi dominasi anak-anak dalam berenang baik kedalaman maupun jarak yang ditempuh. *Inside the factor is oneself, self-assurance alludes to the degree of trust one spots in one's own thinking measures* (Kavenuke, Kinyota, and Kayombo 2020). *Individuals are fearless when they trust their capacities and environmental factors. Fearlessness permits them to be available to the different activity prospects that are applicable to them*(Kiverstein et al. 2019). *Understudies certainty, notwithstanding, seems to require nearer thought. While higher certainty might be motivationally helpful understudies certainty doesn't really compare to their real achievement. A few understudies can be under-sure (with lower certainty than would be normal given their achievement) while others can be presumptuous* (Sheldrake 2016). For sure, certainty is a basic component in friendly collaboration: It assists with impacting the assessment of a gathering, in exchange, and in other administration assignments (Lejarraga and Lejarraga 2020). While the outside factors are guardians, coaches, offices and foundation. The capacity to control oneself when in the water is firmly identified with fearlessness, while the outside factor that is attempted to be concentrated in this review is the pool office. Indoor pools are offices for sporting, wearing and helpful purposes (Ciuman and Lipska 2018).

Kolam renang merupakan salah satu sarana olahraga menyenangkan bagi anak-anak khususnya anak usia dini, sehingga dalam hal ini pengetahuan orang tua dan pelatih dituntut untuk dapat memberikan rasa kepercayaan diri pada anak sedini mungkin. Sehingga dalam pelaksanaan proses belajar atau latihan anak mampu menjadi lebih waspada dan terlatih untuk memiliki rasa kepercayaan diri yang cukup tinggi pada saat di kolam renang. Saat seorang anak kecil berada di kolam renang, tentu yang diyakini adalah perasaan senang karena kejernihan air kolam serta sensasi segar yang dirasakan. Namun, biasanya anak-anak sering merasa khawatir jika volume air kolam dianggap terlalu dalam, hal ini menjadi salah satu kendala bagi orang tua dan pelatih saat memperkenalkan aktivitas air. Rasa takut jelas akan dirasakan oleh anak-anak jika kedalaman kolam dan pemahaman mengenai kondisi kolam renang tidak dipahami dengan baik. Rasa percaya diri harus dilatih dan akan tumbuh jika dibarengi dengan keyakinan dari orang-orang sekitar. Sehingga rasa kepercayaan diri ini menjadi salah satu faktor yang akan membuat anak sedini mungkin lebih berani dalam aktivitas olahraga akuatik.

METODE

Metode penelitian kuantitatif dengan pendekatan survey. Tujuan penelitian ini adalah untuk melihat seberapa besar tingkat kepercayaan diri anak usia dini. Populasi dan sampel merupakan anggota PRI Gemilang Prima dengan jumlah 20 orang, dengan teknik penarikan total sampling. Orang tua dan pelatih mendampingi pengisian kuesioner yang diberikan kepada sampel, guna membantu pemahaman anak dalam pengisian kuesioner. Self-assurance permits them to be available to the different activity prospects that are pertinent to them (Kiverstein et al. 2019). Nilai validitas sebesar 0,60.

Tabel 1: Angket Kepercayaan Diri

Variabel	Sub Variabel	Indikator	Total Item	No. Item	
				(+)	(-)
Kepercayaan Diri	Keyakinan diri	Kemauan dan usaha	4	3,7,8	15
		Optimisme	7	1, 4, 5, 9	11, 13, 16
	Sikap positif	Kemandirian	1	6	-
		Penyesuaian diri	4	2,10,14	12
Total			16	12	4

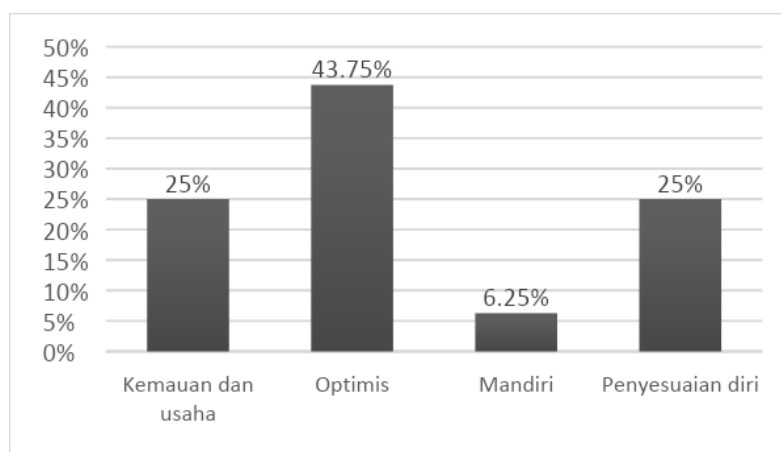
Kuesioner dibuat dan diuji coba terlebih dahulu, kemudian kuesioner kepercayaan dibagikan melalui google formulir kepada responden yang didampingi oleh orang tua atau pelatih. Analisis data dihitung melalui data statistik dengan menghitung nilai rata-rata (mean), standar deviasi dan persentase.

HASIL DAN PEMBAHASAN

Hasil penelitian menunjukkan bahwa tingkat kepercayaan diri pada anak usia dini memiliki empat aspek, antara lain: kemauan dan usaha, optimisme, kemandirian dan penyesuaian diri. Optimisme merupakan faktor tertinggi dalam rasa percaya diri anak. Hal ini menunjukkan bahwa rasa optimisme dibangun sejak dini sehingga ketika di kolam renang anak menjadi lebih berani dan waspada dalam situasi dan kondisi apapun. Angka 43,75% optimisme anak berasal dari faktor dukungan orang tua dan pelatih dalam aktivitas akuatik saat berada di kolam renang, sehingga membuat anak lebih percaya diri.

Tabel 2: Hasil Persentase Kepercayaan Diri

No	Indikator	F	Persentase
1	Kemauan dan Usaha	80	25%
2	Optimisme	140	43,75%
3	Kemandirian	20	6,25%
4	Penyesuaian Diri	80	25%
Total		320	100%



Gambar 1: Grafik Kepercayaan Diri

Berdasarkan data diatas, maka tingkat kepercayaan diri anak-anak di PRI Gemilang Prima Indonesia termasuk kategori cukup tinggi. Hal ini berdasarkan hasil penghitungan persentase dari keempat aspek diatas. Certainty, exactness and speed give various types of data about the justcompleted intellectual demonstration (Strandbu, Bakken, and Stefansen 2020). Self-assurance is essential to mental speculations of inspiration and has pragmatic pertinence to instruction: understudies' fearlessness has related with their advantage specifically subjects (Kosmidou, Giannitsopoulou, and Moysidou 2017). This is as per the things in regards to the assertion of thing 13 in regards to attempting to be quiet while rehearsing in the profound pool, practically the entirety of the kids addressed emphatically concur with a level of 92.5%. Fearlessness is the faith in one's capacity to perform and can be upgraded via preparing (Geoffrion et al. 2019). Anak-anak yang memiliki waktu adaptasi dan latihan cukup lama akan lebih memiliki tingkat keberanian yang cukup besar, karena banyak faktor pendukung seperti kebiasaan yang dilakukan secara rutin dalam rentang waktu kegiatan,

dukungan dari orang tua dan pelatih. Namun diluar aspek eksternal tersebut ada kemauan anak yang kuat dalam pelaksanaan prosesnya, anak mampu mendorong dirinya untuk berani melakukan aktivitas olahraga air secara mandiri. Artinya rasa optimisme yang muncul yang merupakan bagian dari kepercayaan diri dapat tumbuh seiring dengan seringnya anak berlatih di kolam renang. Hal ini sejalan dengan beberapa pendapat yang menyatakan bahwa rasa percaya diri akan timbul dengan adanya pola latihan rutin, serta dukungan dari orang tua dan pelatih sehingga muncul rasa optimis dalam diri seseorang. In spite of the fact that charges are on the ascent, particularly summer pools stay a nearly modest movement for the individuals who can't bear the cost of an excursion at the shoreline (in the beyond an upperclass summer action) (Michalowski and Behrendt 2020). They found that the straightforward cover was more successful in further developing the water temperature than the misty cover in light of the fact that more sunlight based energy could be gotten by the pool water when the straightforward cover was utilized (Zhou et al. 2020). Individuals are self-assured when they trust their capacities and environmental factors. Self-assurance permits them to be available to the different activity prospects that are applicable to them (Kiverstein et al. 2019). Individuals with high fearlessness are bound to seek after and persevere a specific assignment or objective, contrasted with those people who have low self-assurance (Martins, Monsalve, and Martinez 2018). Kekhawatiran yang muncul seperti keadaan kolam renang yang dalam, pemenuhan media pembelajaran, lantai yang berbahaya dan suhu air yang sangat dingin. Bukan halangan bagi anak-anak untuk tetap terlindungi dan nyaman di kolam, namun kepercayaan diri ini bisa terjadi karena adanya rasa optimis yang muncul dari anak itu sendiri. As is known whether exercises outside the home become one of the pleasant diversion for youngsters. Improvement of clear age suitable, active work rules to accomplish medical advantages and Australian kids matured 5–17 years are prescribed to attempt moderate or enthusiastic oxygen consuming action for embrace 60 min each day 4 Physical action is a significant wellbeing defensive conduct where the latest public information shows that Indigenous kids are more genuinely dynamic than non-Indigenous youngsters

(Macniven et al. 2020). An expansion in inactive propensities, like staring at the TV, utilizing cell phones, or the shift towards static workplaces which lead to significant stretches of continuous sitting at a work area, have impacted the actual work (PA) practices of grown-ups and furthermore youngsters, who live in conditions made by grown-ups (Eskola et al. 2018). To accomplish an 'remarkable' grade, schools should exhibit how they draw in with the guardians or carers, all things considered, to work on their learning (Williams et al. 2017). To accomplish an 'remarkable' grade, schools should exhibit how they draw in with the guardians or carers, all things considered, to work on their learning (Correia and Marques-Pinto 2016).

SIMPULAN

Rasa percaya diri pada anak harus ditumbuhkan sejak dini dengan tujuan agar dimanapun anak berada, mereka akan memiliki rasa aman dan terbuka untuk melakukan aktivitas apapun. Kepercayaan diri timbul karena pola berpikir positif yang tinggi dalam diri anak itu sendiri. Selama latihan di kolam renang, banyak hal yang harus diperhatikan agar anak-anak tetap aman, dukungan orang tua dan pelatih serta waktu latihan yang sistematis akan menjadikan anak lebih yakin akan kemampuan dirinya.

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